



Sunrise Senior Center  
10650 W. Oakland Park Blvd.  
Sunrise, FL 33351

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CURRENT RESIDENT OR



# Ships Ahoy Party!









March/April 2013

10650 West Oakland Park Boulevard | 954-746-3670 | [www.sunrisefl.gov](http://www.sunrisefl.gov)

# SUNRISE SENIOR CENTER

## Special Features

*The Senior Center is closed on Saturday and Sunday.*

	Date	Day(s)	Time	Register	Fee
<b>CARFIT</b>	3/15	F	10:00 am - 2:00 pm	Now	Free
Trained professionals lead drivers through a 12-point checklist with your vehicle, recommend car adjustments and adaptations, and offer community specific resources and activities that could make your car “fit” better or enhance your safety. This is part of our <b>Senior Safety Series</b> . This event will be held in the Civic Center Theatre Parking Lot.					
					
<b>Pajama Party Social</b>	3/20	W	1:30 pm – 3:00 pm	Now	\$5/\$7
Join us for a Rockin’ Pajama Party, pillow fights & dancing alright. We’ll be making a scene playin’ all those fifties songs with live entertainment & interactive games! Pizza, soda pop, & popcorn will be on the menu. Don’t miss out! #380822A					
					
<b>Home Safety</b>	4/12	F	10:00 am -11:00 am	Free	Call to sign up
Brienne Fearon from Sunrise Fire Rescue will be covering topics such as learning what to do if a kitchen fire should occur. Learn other precautions to take in your home to protect yourself from falls and other hazards in your home. Healthy Life Therapy & Rehab Center will be providing free balance screenings during the session.					
<b>Lunch Bunch</b>	4/12	F	11:30 am - 12:30 pm	3/1	\$5/\$7
	Enjoy 2 kosher hotdogs with the fixings, chips & soda. Enjoy lunch with your friends before your afternoon activities. #480807A				
<b>The Magic of Spring</b>	4/18	TH	1:30 pm - 3:00 pm	3/1	\$5/\$7
	<b>Social</b> Abracadebara, it's magic. Together we can make our food disappear & enjoy the best excitement around. Tuna & egg salad will be served upon a bed of spring greens. Don’t miss out! #480822A				
<b>Mayo De Nueve Social</b>	5/9	TH	1:30 pm - 3:00 pm	4/5	\$5/\$7
This is our version of Cinco de Mayo. Make your own burritos & dance the Cumbia to the live sounds of Mexico. #480822B					
					
<b>Bunco Party</b>	5/16	TH	1:30 pm - 3:00 pm	4/5	\$5/\$7
Take your chance to win prizes while playing an easy dice game. Light refreshments will be served.					
					

Monday Classic Movies - 11:00 AM				<i>At The Movies</i>				*Tuesday New Release Movies - 12:00 noon			
3/4	Old Acquaintance Bette Davis, Miriam Hopkins	1943 110 min.	4/8	Wife vs Secretary Jean Harlow, Myrna Loy	1936 87 min.	3/5	The Bourne Legacy Jeremy Renner, Rachel Weisz	PG-13 215 min.	4/9	Won't Back Down Viola Davis, Maggie Gyllenhaal	PG 121 min.
3/11	China Seas Jean Harlow, Clark Gable	1935 87 min.	4/15	Jezebel Bette Davis, Henry Fonda	1938 105 min.	3/12	The Words Bradley Cooper, Jeremy Irons	PG-13 152 min.	4/16	The Paperboy Zac Efron, Matthew McConaughey	R 147 min.
3/18	Sabrina Humphrey Bogart, Audrey Hepburn	1954 113 min.	4/22	Ruthless People Danny DeVito, Bette Midler	1986 93 min.	3/19	To Rome with Love Woody Allen, Alec Baldwin	R 152 min.	4/23	Here Comes the Boom Kevin James, Salma Hayek	PG-13 145 min.
3/25	Till the Clouds Roll By June Allyson, Judy Garland	1942 132 min.	4/29	The Shootist John Wayne, Lauren Bacall	1976	3/26	Flight Denzel Washington, Don Cheadle	R 218 min.	4/30	Seven Psychopaths Collin Farrell, Christopher Walkin	R 110 min.
4/1	Sleepless in Seattle Tom Hanks, Meg Ryan	1993 105 min.				4/2	Taken 2 Liam Neeson, Famke Janssen	PG-13 92 min.			

\* New Release Movie Titles are subject to change. Please call for details.

# Social Services & Wellness Programs

The City of Sunrise provides information and referral regarding available state, and county social service programs. An emergency food pantry and medical equipment loan-out is available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For more information, contact the social worker at 954-746-3670.

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry	Ongoing	TU	mornings	Free	Call for Appt.
		TH	afternoon	Free	Call for Appt.

The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, by appt. only & must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.

Bereavement Support Group	Weekly	TH	9:30 am-11:00 am	Free	Ongoing
This group is facilitated by a professional grief counselor, and is a valuable source of support for those dealing with grief and mourning.					

Free Eyeglass Repair	Weekly	TH	10:00am- 1:00 pm	Free	Ongoing
Get free help repairing your eyeglasses by Leonard Falitz, a licensed optician. He will help repair with nose pads, screws, and minor frame adjustments. He is located in the lobby at the Senior Center					

Blood Pressure Check (Sunrise Fire/Rescue)	3/8. 4/12, 5,10	F	10:30 am-11:30 am	Free	Walk-ins welcome
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Property Tax Exemption Assistance	3/8. 4/12 5,10	F	10:00 am-11:30 am	Free	Walk-ins welcome
Representatives from the Broward Property Appraiser’s office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows/widowers, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; SS# numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum.					

Veteran’s Advisor	3/8. 4/12 510	F	9:00 am-12:00 pm	Free	Walk-ins welcome
Broward County Veteran’s Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors, regardless of age or other status. Services are focused on attainment and maintenance of self-sufficiency. Services include: referral and linkage & benefits and claims processing.					

Free Income Tax Preparation	3/6 - 4/11	W TH	9 am-12:30 pm 12 pm- 4 pm	Free	Call to schedule appointment
IRS certified volunteers will assist taxpayers whose income does not exceed \$49,000. APPOINTMENT ONLY. Call the Sunrise Senior Center to sign up.					

First Aid/ CPR	3/8	F	10:00am – 11:00am	Free	Call to sign up
Breanne Fearon from Fire Rescue will be covering topics such as first aid, medical emergencies, calling 911, choking and CPR. Learn how to care for yourself if an emergency should arise.					

Medication Wisdom Using & Misusing Lecture	5/10	F	10:00 am -11:00 am	Free	Call to sign up
Patrick Cavanaugh, Public Education Coordinator, Broward Co. Elderly & Veterans Services Division will be speaking about the use and misuse of medication. This is a lecture and dialogue about wellness and prevention outlining the causes, effects and prevention of medication misuse.					

The above programs take place at the Sunrise Senior Center, 10650 West Oakland Park Boulevard.

# Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members, Non Members)	Program
<b>February Ticket Sale</b> - Call for availability					
Hard Rock Casino	3/1	F	8:30 am – 3:30 pm	\$5/\$7	380826B
Be sure to have your players club card # available on day of ticket purchase in order to receive the \$15 free play & \$5 food voucher package. Must bring a valid photo ID day of the trip, packages are subject to change.					
Billy Swamp Safari	3/12	TU	8:45 am – 3:00 pm	\$44/\$46	380824A
Explore the Everglades in amazing way. Enjoy a swamp buggy tour, airboat ride, reptile show & critter show. Bring your own bagged lunch or eat in the café.					
Tour of the Redlands	3/21	TH	8:15 am – 3:15 pm	\$23/\$25	380848B
Start the day at Knaus Berry Farm & enjoy freshly made pecan rolls & cinnamon buns. Then it’s off to R.F. Orchids where you will tour the beautiful grounds & see some of the most beautiful orchids being grown. Afterwards it’s off to the Schnebly Winery for a guided tour & tasting. Afterwards enjoy your bagged lunch under the tiki. To finish off the afternoon we will be stopping by Robert is Here to have your chance to experience a handmade milkshake made with fresh fruit.					
Schakolad Chocolate Factory	4/4	TH	10:15 am – 3:00 pm	\$23/\$25	480851A
The sweet days are still to come! Join us for a trip to Schkolad to learn about various types of chocolate, cupcake making, chocolate design, chocolate dipping & lollipop making and create your own sweet treats. Afterwards enjoy lunch on your own in the Davie Plaza.					
<b>March Ticket Sale – 3/1 Members; 3/8 Non-Members</b>					
Miami Seaquarium	4/9	TU	8:00 am – 3:00 pm	\$36/\$38	480843A
See shows & explore the Seaquarium which is teeming with reef fishes of every size, color and description at your own pace. See the high-flying antics of bottlenose dolphins as they perform breathtaking leaps and rolls.					
Tatiana Restaurant & Club	4/14	SU	5:45 pm – 11:00 pm	\$58/\$60	480838A
Join us for this popular Las Vegas / Moulin Rouge style show including a dinner of Russian style cuisine.					
Isle Casino	4/24	W	8:45 am – 3:00 pm	\$5/\$7	480826A
Be sure to have your player’s card # available on day of ticket purchase in order to receive the \$10 free play. Must bring a photo ID day of the trip, packages are subject change.					
<b>April Ticket Sale – 4/5 Members; 4/12 Non-Members</b>					
Morikami	5/7	TU	9:00 am – 2:30 pm	\$17/\$19	480830A
Morikami Museum and Japanese Gardens has been a center for Japanese arts and culture. Explore a series of six diverse gardens inspired by a different historical period and style of Japanese gardening. Experience traditional and contemporary Japanese culture through world-class exhibits, bonsai display & much more. Lunch will be on your own.					
Hollywood Beach Concert	5/15	W	6:15 am – 10:00 pm	\$5/\$7	480842A
Enjoy live music & dancing beachside, under the stars.					
Coconut Creek Casino	5/23	TH	9:15 am – 3:00 pm	\$5/\$7	480826B
Participants will receive \$15 free play. On day of ticket purchase be sure to have your player’s club card # available to receive the package. You must bring a valid photo ID day of the trip, packages are subject to change.					



## *March/ April Classes & Programs*

Program	Date(s)	Day(s)	Time	Register On	Fee	Program#	Program	Date(s)	Day(s)	Time	Register On	Fee	Program#	
AARP Safe Drivers Course	Bring a check to class made payable to AARP. (Fees - \$12 AARP Members, \$14 Non- Members)						Exercise Classes <b>Tai Chi</b>	Tai Chi is a great way to improve your balance and help prevent falls. Senior Center membership is required. (Maximum 24 students per class.)						
	3/20 – 3/21	W&TH	9:00 am – 1:00 pm	Call for space	\$12/\$14	380853C		Mar	T/F	9:00 am - 9:30 am	2/6	Free	380858E	
	4/17 – 4/18	W&TH	9:00 am – 1:00 pm	3/5	\$12/\$14	480853A		Mar	M/W	9:00 am - 9:30 am	2/6	Free	380858F	
	5/15—5/16	W&TH	9:00 am – 1:00 pm	4/2	\$12/\$14	480853B		Apr	T/F	9:00 am – 9:30 am	3/6	Free	480858A	
<b>Beginners Beading</b>	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) No beading experience needed.							Apr	M/W	9:00 am – 9:30 am	3/6	Free	480858B	
	3/5 – 3/26	TU	10:00 am – 12:00 pm	2/5	Free	380814C		May	T/F	9:00 am - 9:30 am	4/3	Free	480858C	
	4/2 – 4/30	TU	10:00 am – 12:00 pm	3/5	Free	480814A		May	M/W	9:00 am - 9:30 am	4/3	Free	480858D	
	5/7 – 5/28	TU	10:00 am – 12:00 pm	4/2	Free	480814B		<b>Aerobics</b>	Senior Center membership is required. (Max. 24 students per class.) Higher activity level than Fri					
<b>Intermediate Beading</b>	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) Beading experience needed.								Mar	TU	9:30 am -10:30 am	2/6	Free	380857C
	3/4 - 3/25	M	12:30 pm – 2:30 pm	2/5	Free	380812C			Apr	TU	9:30 am - 10:30 am	3/6	Free	480857A
	4/1 – 4/29	M	12:30 pm – 2:30 pm	3/5	Free	480812A	May		TU	9:30 am—10:30 am	4/3	Free	480857B	
	5/6 – 5/20	M	12:30 pm – 2:30 pm	4/2	Free	480812B	<b>Senior Fitness</b>	Mar	F	9:30 am – 10:30 am	2/6	Free	380856C	
<b>Advanced Beading</b>	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) Must be able to read a pattern.							Apr	F	9:30 am – 10:30 am	3/6	Free	480856A	
	3/5 – 3/26	TU	1:00 pm – 3:00pm	2/5	Free	380805C		May	F	9:30 am—10:30 am	4/3	Free	480856B	
	4/2 – 4/30	TU	1:00 pm – 3:00 pm	3/5	Free	480805A	<b>Language Classes</b>	(Due to grant requirements the Spanish & ESOL classes are available only to Sunrise Residents over the age of 62).						
	5/7 – 5/28	TU	1:00 pm – 3:00pm	4/2	Free	480805B		<b>Beginners Spanish</b>	4/1 – 5/20	M	1:00 pm – 2:30 pm	3/7	Free	480821A
<b>Book Club</b>	Join our Book Club... Read the book, examine & discuss the story with a friendly group of new friends. Light refreshments served. Call to sign up.						<b>ESOL- English as a Second Language</b>	4/4-5/23	TH	1:00 pm - 2:30 pm	3/7	Free	480817A	
	<b>“Killing Lincoln”</b> By Bill O’Reilly	4/26	F	11:30 am-12:30 pm	now	Free	<b>Conversational English</b>	3/13 - 5/1	W	12:30 pm - 3:00 pm	2/6	Free		
		3/15 - 5/3	F	10:00 am - 12:00pm	2/6	Free								
<b>“The Art Forger”</b> By B.A. Shapiro	5/24	F	11:30 am-12:30 pm	now	Free	This program is for individuals who are interested in improving their English speaking skills. Meet one on one or in small groups weekly, for 8-weeks. Speak with a volunteer who will talk with you in English & help you improve your communication skills. Sign up at the front desk now for your appointment time.								
<b>Chess Club</b>	Weekly	F	10:00 am-12:00 pm	Walk-in	Free	If you have ever wanted to learn how to play chess this is your chance. Lessons and matches are available.	<b>Painting Classes</b>	Students will be limited to attending 2 painting classes only. Senior Center membership will be required for all levels.						
							<b>Beginning Painting</b>	No painting experience needed						
<b>Computer Programs</b> <b>Beginning Computers</b>	(Due to grant requirements the computer classes are for Sunrise Residents over the age of 62).							3/11—4/15	M	9:30 am -11:00 am	call for space	\$20/\$22	480811A	
	3/5 - 4/16	TU	1:00 pm-3:00 pm	2/5	Free	380802C		5/6 – 6/17	M	9:30 am – 11:00 am	4/2	\$20/\$22	480811A	
	3/5 - 4/16	TU	6:30 pm-8:30 pm	2/5	Free	380802D	<b>Intermediate Painting</b>	Painting experience needed						
	5/7 - 6/11	TU	6:30 pm-8:30 pm	4/4	Free	480802A		3/8—4/12	F	1:30 pm - 3:30 pm	call for space	\$20/\$22	380820B	
	5/7 - 6/11	TU	6:30 pm-8:30 pm	4/4	Free	480802B		5/3 – 6/7	F	1:30 pm – 3:30 pm	4/2	\$20/\$22	480820A	
<b>Intermediate Computers</b>	3/6—4/10	W	1:00 pm-3:00 pm	2/5	Free	380803B	<b>Advanced Painting</b>	2 years+ Painting experience needed						
<b>Technology Class</b>	Weekly	TU	9:30 am-11:00 am	Walk-in	Free	180806A	3/6—4/10	W	1:30 pm-3:30 pm	call for space	\$20/\$22	380813B		
	This class is available to all Sunrise residents over the age of 62. Each month a different piece of equipment will be discussed. Bring in your digital camera, cell phone, tablet or laptop & learn simple operational techniques.						<b>Sunrise Latin Social Club</b>	Monthly	TU	6:00 pm-8:00 pm	Walk-in	Free		
<b>Scottish Dancing</b>	Weekly - May	TU	7:00 pm-9:00 pm	Walk-in	Free			Join us the 1st Tuesday night of each month. This Club is lead by Ana Lopez & is geared towards socialization, building friendships, participating in activities & other special events. Everyone is invited. Senior Center membership will be required 954-746-3670. Quieremos inviter a la comunidad Latina que venga a desfrutal de nuestro centro y ser parte de nuestra comunidad. We invite the Latin community to come embrace our center & be a part of our community.						
	Learn the traditional dances of Scotland. No experience or partner required.													